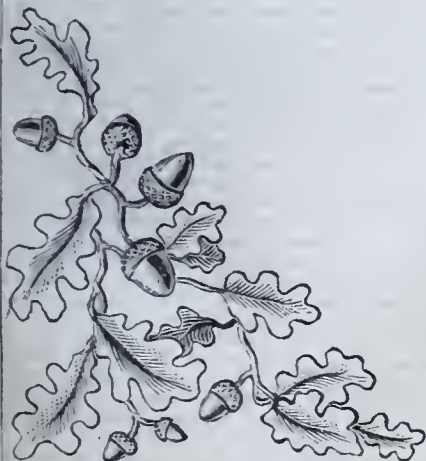


BATTLE CREEK
SANITARIUM...



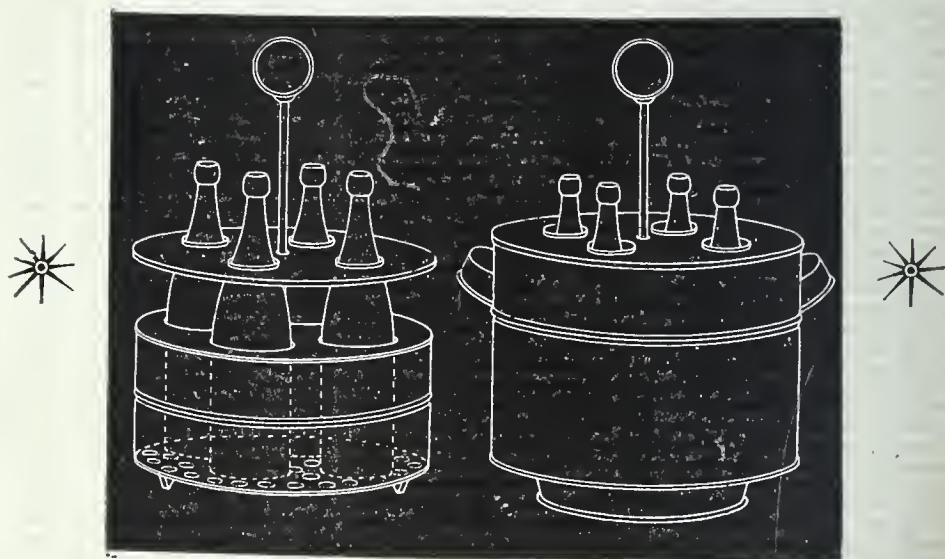
HEALTH FOODS—



MANUFACTURED BY THE
SANITARIUM HEALTH FOOD CO.
BATTLE CREEK, MICH.

THE

Sanitarium * Milk * Sterilizer.



With the above apparatus, milk can be sterilized so that it will keep for years, when tightly sealed in a bottle or can.

This apparatus complete, including one dozen bottles, with full directions, sent by express on receipt of—

FIVE DOLLARS.

The ordinary methods employed for sterilizing milk will no preserve it against fermentation for more than three or four days. By this method—

IT WILL KEEP INDEFINITELY.

SANITARY SUPPLY CO., Battle Creek, Mich.

BATTLE CREEK SANITARIUM



Health Foods



The Battle Creek Sanitarium HEALTH FOODS are
on sale in Chicago at the following places:—

SPRAGUE, WARNER & CO., Chicago.

ERNEST HEALY & CO.,
789 W. Madison St., Chicago.

E. VON HERMANN,
Indiana Ave. and 31st St., Chicago.

CHICAGO BRANCH SANITARIUM,
28 College Place, Chicago.

brain, nerve, and muscle work. It is the only element which re-builds the living tissues of the body. Starch is of service in keeping up the supply of animal heat, and as a source of energy. The salts, which are represented in the ashes left when wheat is burned, are chiefly needed to give firmness to the bones and other hard structures of the body.

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Gluten is the only food element which alone is capable of sustaining life. Animals fed on starch die almost as soon as those deprived of all food. Bernard found that dogs fed on salts die sooner than those that have nothing at all to eat. It thus appears that gluten is the most important of all the food elements. It is the true *flesh-forming* element of the grain. The salts are the *bone-forming* element. The starch is the *heat-forming* element. Analysis shows that the flesh-forming and bone-forming elements, in other words, the gluten and the salts, are closely associated in the grain. Let us now study the structure of a grain of wheat, as shown by that marvelous revealer of nature's secrets, the microscope.

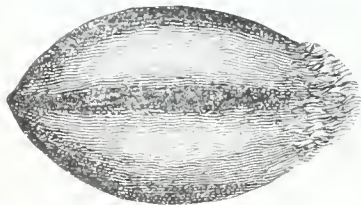


FIG. 1. A Grain of Wheat, Magnified.

FIG. 1 is an accurate representation of a grain of wheat when enlarged by a magnifying glass of moderate power. Notice the coarse lines upon its surface and the stiff hairs at one end.

FIG. 2 represents a portion of the grain after the rough outer coat and the sharp bristles have been peeled off by an improved process of milling. This outer covering is simply a woody shell, which is wholly innutritious, and incloses the valuable food elements.

FIG. 2 represents a portion of the grain after the rough outer coat and the sharp



Fig. 2. Wheat with Outer Coat Removed.

FIG. 3 shows the several different layers of bran, or woody covering, each of which is turned up in succession, until the nutritious interior of the grain is exposed. In the ordinary process of milling, the last layers or innermost coats of the bran, are torn off in such a rough manner that they carry away with them much of the most nourishing part of the grain.

FIG. 4 gives a magnified view of a cross section or the cut surface of a grain of wheat which has been divided as shown in Fig. 2. Notice the numerous curious cells in which are found packed away in little parcels the starch and gluten of the grain.

FIG. 5 is a greatly magnified view of a small portion of a grain of wheat, including the inner layers of the bran. At *A* is shown the layer of gluten cells, which is found just next to the innermost layer of bran. Nearly all the gluten of the grain is found in this layer, together with the bone-forming salts. The same is true, also, as re-

gards corn, oats, rye, and other grains. At *B* may be seen the large starch cells filled with granules of starch, which constitute almost the entire interior of the grain. It is this fine white starch of which nearly all superfine white flour is almost exclusively composed. Especially "family brands," made by either the old or the new process.

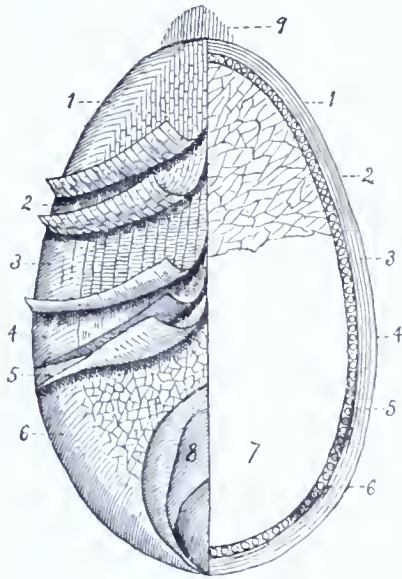


FIG. 3. The Different Layers of Bran.

incapable of sustaining life. In recent years, some improvements have been made, in the employment of what is known as the "roller process;" but the effect of this method is simply to make two grades of fine flour, one of which is a little better than the old style, the other still poorer in the indispensable, flesh-forming gluten. For a generation, at least, the farmer has been feeding to his domestic animals the richest part of his grain, while himself and his children are trying to subsist upon the impoverished diet found in the residue of starch which results from the bolting process. Let us glance for a moment at the process employed by—

The Ancient Miller.—In olden times, grain was ground by the

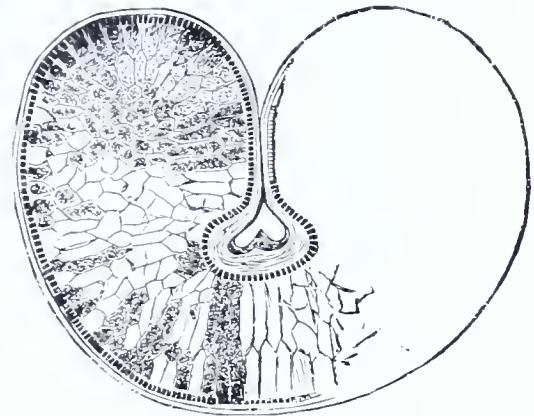


FIG. 4. Cross Section.

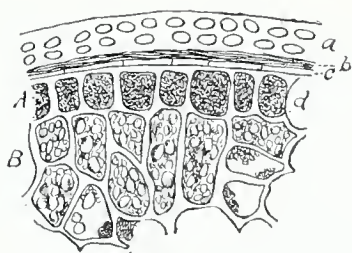


FIG. 5. Greatly Magnified View of a Small Portion of a Grain of Wheat.

most simple and primitive means,—a mortar and pestle, or two stones, one lying upon the other, the upper being turned by a handle of some sort. These ancient methods still survive in many parts of the world, where the perverting influences of civilization have not yet wholly supplanted natural simplicity. Here are a few pictures which will serve to il-

lustrate these primitive methods of milling.

FIG. 6 shows the process of flour-making as anciently practiced, and still employed by the women of Palestine. A mill almost identical with that shown in Fig. 6 is still in use in some parts of Scotland.

FIG. 7 is an improved form of hand-mill used by Syrian women.

FIG. 8 shows a most primitive sort of mill, simply a hollow cut in the side of a log, in which the Pima Indian woman makes flour from the screw-bean, the chief food of her family.

Fig. 9 is the stone slab, or “metate” (pronounced me-ta-te), on which the Mexican woman grinds the meal to a finer consistency.

The plate on page 7 shows an Indian woman at work with a more convenient kind of mortar, in which the pestle is lifted by the swing of a limb from which it is suspended. The cut also shows various forms of pestles and mortars which are thus employed.

In the lower right hand corner is an Indian woman of Arizona employed, as the writer has seen these simple children of nature, in the doors of their primitive dwellings, grinding the grain for the family meal at sunset. The metates here shown are something of an improvement over the one represented in Fig. 9.

The flour made by the simple processes of the “ancient miller” is not the superfine white powder from which the modern “staff of life” is made (a broken staff it is); it is dark, coarse, and to a sophisticated eye might be uninviting; but it is sweet, and wonderfully nourishing and satisfying, as the writer can testify from personal experience. It contains all the elements of nutrition. Primitive man does not rob himself of the Creator’s choicest gifts by seeking to improve (?) nature.

Recognizing the vast evils growing out of the brain and nerve and muscle and bone starvation to which the consumers of fine flour expose themselves, Sylvester Graham many years ago called attention to the advantages of using flour made from the whole grain, or wheat



FIG. 6. Women of Palestine Grinding Wheat.

meal. This eloquent apostle of dietetic reform made such an impression upon the public that whole-wheat flour came to be known as "Graham flour," and is now thus called in all parts of the civilized

world. Some years ago the writer, while spending a few weeks in Vienna, Austria, frequently noted "Graham Brodt" among the placards displayed in the windows of the numerous bake shops, and the same article was found to be easily obtainable in all the leading cities of Europe, from Naples to Stockholm.

Graham flour, cracked wheat, oatmeal, and in fact all the whole-grain preparations, contain the elements of nutrition in just the right proportion to supply the wants of all the tissues of the body, making a perfect food.

For some persons, however, particularly certain classes of dyspeptics, at least those who complain of soreness at the stomach, it is better that the coarser portions of the bran, that is, the outermost layers, should be separated.

This is accomplished in what is known as "whole wheat" or "entire wheat" flour. It is from this highly perfected product of the improved methods of milling that most of the

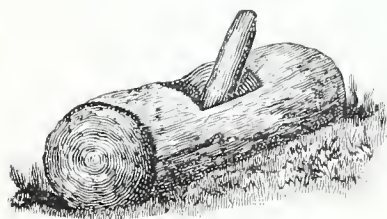


FIG. 8. An Indian Mill.

unequaled "Health Foods" herein described are made.



FIG. 7. A Syrian Mill.

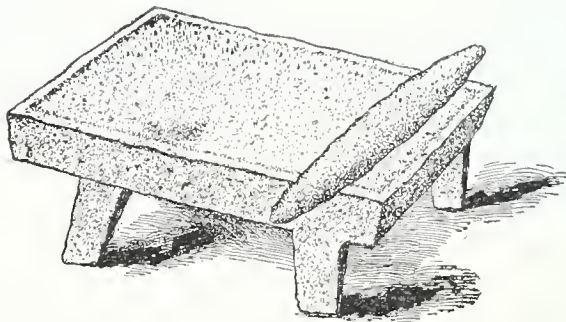
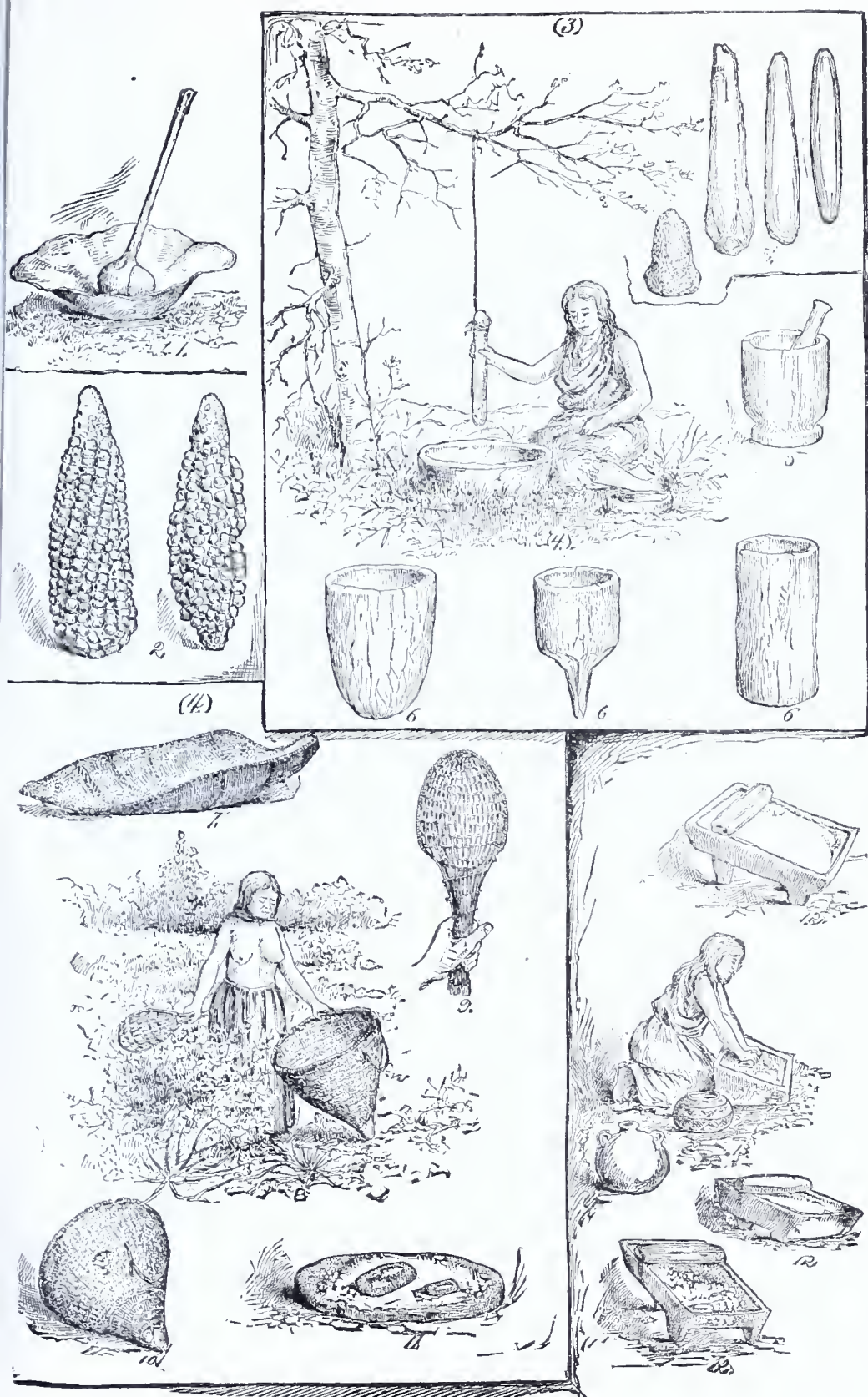


FIG. 9. Stone Metate.



SOME ANCIENT MILLERS.

The Question of Food.

MODERN physiological and bacteriological discoveries have given to the question of food and diet an importance in the minds of progressive practitioners which it did not possess a quarter of a century ago, although at a more remote period some advanced teachers, as for example, Dr. Willard Parker, of New York, taught that *materia alimentaria* was of far greater consequence than *materia medica*. This assertion, then considered almost a heresy, is at the present time echoed by almost every teacher of therapeutics; and the interest in medical dietetics has given rise to a great variety of food products of varying merits, a vast number of which might be termed "dietetic nostrums." Of the so-called "health foods," which, under various names and guises, have been placed before the public, the majority, notwithstanding the high prices charged for them, have possessed few, if any, of the merits claimed for them, being made to sell rather than to supply the profession the means of meeting any therapeutic indication. This fact has been clearly shown by the analyses published by the *Scientific American* and other scientific journals.

Being charged with the duty of providing suitable dietetic preparations of a special character for a large hospital (the Battle Creek Sanitarium and Hospital), the writer, some years ago, made a careful investigation of all the so-called "health foods" manufactured and sold in this country. The result was the discovery of the fact already stated, that these goods were made chiefly to sell, and not to cure sick people, the only virtue possessed by many being the magic influence of the word "health" connected with their titles, which doubtless, in some instances, does efficient service as a "mind cure." Only a very few really valuable preparations were found. In certain lines in which special preparations were especially called for, an almost absolute void existed.

To meet the evident necessities for genuine food products, prepared in such a manner as to require the least possible labor on the part of the digestive organs, and to meet the most common and important therapeutic indications, and at a price in proper proportion to first cost, so as to be within the reach of the average invalid, was the problem which presented itself for solution. To solve this problem, or to attempt to do so, the writer made a series of experiments which have been continued for nearly seventeen years, and with the result of producing a great number of improvements in medical dietetics and methods of meeting the dietetic wants of the invalid. The means at service for this work have been an Experimental Kitchen, under able management ; a Laboratory of Hygiene, with a full outfit of chemical, bacteriological, and physiological appliances ; and a large Hospital and Sanitarium, *feeding daily from 600 to 700 persons*, including every possible phase of digestive and nutritive disease. Many products and combinations have been discovered and formulated, which were at first exceedingly promising, but which proved by experiment to be not possessed of permanent value. A few have stood the test of many years' experience and trial, under all conditions and in all climates, and their production has gradually increased from a few hundred pounds annually to hundreds of tons.

In the following pages we give a brief description of the leading Health Foods which we manufacture and offer for sale.

GRANOLA.

THIS is a farinaceous product, composed of a combination of the most easily digested grains, and containing the largest possible amount of all the elements of nutrition in the proportion needed for complete nutrition. Each pound more than equals in nutrient value *three pounds of the best beef or mutton*, as determined by chemical analysis, besides affording a better quality of nutriment. The manner of preparation is such as to secure to a large extent the advantages of those changes naturally effected by the digestive process, and without the development of those side products which are pos-

sessed of a disagreeable flavor and more or less toxic properties produced by the various enzymes found in the digestive fluids.

Granola is an exceedingly valuable and digestible product, much resembling in flavor and mode of preparation the renowned *gofio*, the staple food of the natives of the Canary Islands, which has attracted to that out-of-the-way place hundreds of invalids by its remarkable virtues as a curative agent in various forms of dyspepsia.

Granola is just the thing for a patient who needs to gain in flesh. It is the food *par excellence* for all persons with weak digestion, defective assimilation, general or nervous debility, brain workers, feeble children, and invalids generally, as well as travelers and excursionists. It is also excellent for those who, while not sick, need to obtain the largest possible supply of nourishment with the least labor on the part of the digestive organs.

This food has been carried by missionaries and other travelers to the interior of India, Persia, to Australia, New Zealand, the Islands of the Sea, and to South Africa and South America, and has everywhere demonstrated our claim for it, that Granola

KEEPS IN ANY CLIMATE.

It is one of the most palatable of foods. Like bread, one never tires of it, and it is as acceptable to the capricious taste of the invalid as it is wholesome for his feeble or jaded digestive organs.

READY IN ONE MINUTE.

Granola requires no cooking, as it is subjected, during the process of manufacture, to many hours of most thorough cooking. It is only necessary to moisten it with a little milk or water, and it may be eaten at once. All these qualities justify us in the claim that Granola is

A PERFECT FOOD.

It is sold in bulk or in neat pound packages, each of which contains directions for preparing from this most valuable food a variety of delicious and wholesome dishes for sick or well.

PRICES.

In one-pound packages.	12 cts. per lb.
In bulk	10 cts. per lb.

WHEAT GRANOLA.

THIS delicate article of food possesses all the qualities of Granola, which it much resembles, except that it is composed wholly of wheat. The public are possibly not aware that the varieties of wheat differ in nutrient qualities as much as do apples and peaches in flavor. Wheat Granola, as well as all our other preparations of wheat, is made of the very best quality of wheat grown, and is prepared in such a manner that the excellent nourishing qualities of the grain are all preserved. Ordinary preparations of wheat contain not more than ten per cent of *gluten*, and some of the so-called "gluten flours" scarcely more than this; some flours represent not more than five per cent, while Wheat Granola contains 15 per cent of gluten, a larger proportion of gluten than any other health food offered in the market, except our own gluten preparations, which we notice elsewhere.

Wheat Granola, like Granola, is a heat-digested food. By the prolonged action of heat, the starch is not only *hydrated*, but is largely converted into *dextrine* and *dextrose*, which give to the food qualities that render it readily assimilable, and impart to it a most agreeable, sweet, nutty flavor, equaled by no other food offered to the public.

The palatable and nourishing qualities of bread crust and its easy digestibility, have long been known to experienced nurses. The process by which this food is made, gives to it these excellent qualities, and more, and renders it a most acceptable food for sick or well. In hundreds of families, Wheat Granola is a staple article of diet, and appears upon the table as regularly as bread, potatoes, or any of the substantials of diet.

Thoroughly cooked, ready for use. It is an excellent breakfast dish eaten with milk, broth, beef tea, or soup. It is also very serviceable for thickening soups. Put up in neat packages of one pound each, accompanied by directions for use, or sold in bulk, at the following

PRICES:

In one-pound packages.....	12 cts. per lb.
In bulk.....	10 cts. per lb.

AVENOLA.

THIS is a preparation of the finest quality of wheat and oats, the flavor of which has been tempered with a certain proportion of the same excellent wheat product of which Wheat Granola is composed.

The oat is one of the most delicately flavored and digestible of grains. It contains an abundance of easily digested vegetable oil, which gives to it its well-known value as a fat-making food ; and its abundant flesh-forming element has long since placed it at the head of foods for man and beast, calculated to sustain the strength of nerves and muscles under severe labor.

Like Granola and Wheat Granola, which have been described, Avenola is a partially digested food, and is so thoroughly cooked in the process of manufacture that it may be eaten without other preparation than simply moistening with a little milk or water.

READY FOR USE IN HALF A MINUTE.

The public have for years been imposed upon by so-called "cooked foods," "steam-cooked oats," etc., which are practically not cooked at all, and really require at least an hour's cooking to render them wholesome. This food must not be classed with such bogus "Health Foods." We mean just what we say. Avenola has been subjected to several hours' cooking at a heat above that of boiling water, by which essential changes which greatly facilitate the processes of digestion and assimilation are effected.

Tempting to the taste of the most fastidious invalid or the capricious appetite of childhood, is this dainty and delicious food. Its rich, nutty flavor calls for the digestive juices, provoking increased activity of digestion, thus rendering this

A MOST ADMIRABLE FOOD FOR GROWING CHILDREN.

With the addition of milk and a little fruit, it may constitute an entire dietary, and a most satisfactory one, for the most active and hard working man, as well as the delicate invalid.

Sold either in bulk or in one-pound packages, at the following

PRICES :

In one-pound packages.....	12 cts. per lb.
In bulk.....	10 cts. per lb.

GLUTEN.

THE necessity for a genuine and practical gluten preparation has long been appreciated by the medical profession. For a few years this want has been supplied in France by gluten biscuit containing from 40 to 50 per cent of gluten. These biscuit, while not very palatable, have been far superior to anything produced in this country, and at the same time have been all they were claimed to be, a real gluten biscuit; whereas the so-called "gluten breads" and other preparations of gluten which have been sold under various names in this country, have been almost without exception most thoroughly fraudulent in character. This statement is well backed up by exposures made by the *Scientific American* and other authorities within the last few years.

A visit to Paris a few years ago gave us an opportunity to make a thorough investigation of the gluten preparations made in that country and their method of production, which has since been perfected by us as the result of laborious experiments and researches. The following are our principal gluten preparations:—

1. PURE GLUTEN, in the form of gluten biscuit, 72 to the pound, eatable and not unpalatable. The only successful attempt ever made in this or any other country to produce an absolutely pure gluten bread.

2. 60 PER CENT GLUTEN,—also in the form of biscuit, crisp and palatable.

3. 40 PER CENT GLUTEN,—a biscuit which any one could eat with relish, and just the thing for diabetic patients.

4. 25 PER CENT GLUTEN,—a really delicate, crisp, and toothsome product. It answers the requirements of all except the worst cases of diabetes, and is just the thing for atonic dyspeptics, neurasthenic and anæmic patients, subjects of Bright's disease, and all cases requiring a highly nitrogenous food. It is also excellent for use in cases of obesity. It is especially valuable in cases requiring intestinal asepsis.

Gluten biscuit contain no seasoning or foreign ingredients of any sort whatever, not even baking powder. Although they appear to be very hard and difficult of mastication, on breaking the outer crust they will be found to be extremely brittle and crisp. In this way the

gluten enters the stomach in the form of thin particles, which are very readily dissolved in the gastric juice, and quickly assimilated. Persons with ordinarily good teeth, will have no difficulty whatever in masticating them, and soon find them very palatable, although they may not be liked at first, in consequence of the absence of the substances usually added to crackers and biscuit. The concentrated character of the nutriment found in these biscuit, renders it unnecessary for them to be eaten in large quantities. From three to six are sufficient for a meal, when taken in connection with other food.

Persons suffering from diabetes should use no other bread, but with the biscuit may use the following articles: *Vegetable Foods*, Gluten meal No. 1, or No. 2, spinach, lettuce, cabbage, celery, greens, lemons; *Animal Foods*, Buttermilk, cottage cheese, koumiss, eggs, koumiss nogg, beef tea, mutton broth, meat juice; chopped steak, mutton chop, beef broth, chicken broth, meat pulp, broiled steak, stewed mutton, fowl, and fish.

Persons suffering from acid dyspepsia, anæmia, general debility, or any disease which requires improved nutrition, will find great benefit from the use of three or four of these biscuit in connection with the meal.

If the teeth are too poor to masticate the biscuit properly, they may be broken and dropped into hot animal or vegetable broth, hot milk, or any other hot drink, in which they can be thoroughly softened in a few seconds.

PRICES:

Pure Gluten (Biscuit).....	50 cts. per lb.
60 % Gluten “	45 “ “ “
40 % Gluten “	40 “ “ “
25 % Gluten “	30 “ “ “

Any of the above preparations of gluten can be furnished at the same prices in the form of meal. In addition, we make regularly a gluten meal suited to those who require an increase of the nitrogenous element without special restriction of the farinaceous element, which contains a larger proportion of gluten than is found in any natural grain production. This is known as No. 3 gluten meal, price 20 cents. For preparations of gluten, and prices, see price list.

WATER BISCUIT.

THE need of supplying certain classes of patients with the most nutritious foods in the simplest form, and at the same time without an excess of fluid, led to a series of experiments which resulted in the production of a biscuit as light, toothsome, and delicate in flavor as the most fastidious could desire, and without baking powder, yeast, or any other fermentative "raising substance." Any person who has in mind the tough, tooth-breaking water biscuit commonly known as sea biscuit or hard tack, will be more than astonished to find an article possessed of all the virtues of a water biscuit, and also the palatable properties of an oyster cracker.

PRICES : In lb. packages, 20 cts. per lb. ; in bulk, 15 cts. per lb.

WHOLE WHEAT WAFERS.

THESE wafers are made especially for dyspeptics and persons with weak digestion. They are composed of flour, cream and water only, but are very crisp and tender, and are a great favorite with the patients at the Battle Creek Sanitarium.

PRICE : 10 cts. per lb.

RYE WAFERS.

EXCELLENT for persons suffering with inactivity of the bowels. They are composed of a combination of rye meal and whole-wheat flour. Are crisp and palatable. Persons suffering with painful dyspepsia or tenderness at the pit of the stomach, should use whole-wheat crackers in preference to these ; but for other forms of dyspepsia, accompanied by constipation, they are just the thing.

PRICE : 12 cts. per lb.

ZWIEBACK.

ANY one who has ever made a visit to Carlsbad will remember the delicious Zwieback which occupies so conspicuous a place in the bill of fare. Persons suffering from acid dyspepsia, constipation, and other disturbances of digestion, often experience great relief on visiting this famous watering place. The benefits derived from a sojourn at Carlsbad have usually been attributed to the water of its famous springs; but many invalids and medical men have made the discovery that Zwieback should be credited with the greater part of the benefits received.

At Carlsbad, Zwieback is made by exposing the sour "swartz brodt" to moderate heat for several hours, until the starch becomes changed to dextrine and dextrose. For years we have manufactured for the use of the numerous patrons of the Medical and Surgical Sanitarium, Battle Creek, Mich., a superior quality of Zwieback, which is not only more palatable, but much more wholesome, than the original article of Carlsbad manufacture. Indeed, our Zwieback is one of the most nutritious, palatable, and digestible of foods, and is very largely used by those who have once learned its value. With milk or cream it is a real delicacy, as toothsome as it is nourishing and easy of digestion.

Zwieback is supplied in three grades, as follows:—

No. 1. Made of Graham flour (Sanitarium brand), containing fifteen per cent of gluten.

No. 2. Made from a combination of wheat and rye flour. Especially excellent for persons suffering from slow digestion and constipation.

No. 3. Specially prepared for persons suffering from acid dyspepsia, with tenderness and painful digestion. Very tender and toothsome.

Send for Mrs. Kellogg's "Science in the Kitchen," and learn all the delicious ways of preparing Zwieback. See third page cover.

PRICE:

Zwieback, any grade, in bulk..... 10 cts. per pound.

GOFIO.

THE peasantry of the Canary Islands are among the most robust and vigorous men in the world. Two fine specimens of these hardy islanders, whom the writer met a few years ago on the Gulf of Mexico, were possessed of most magnificent physiques, and were apparently utter strangers to many of the ills to which common humanity is subject.

At home the diet of the Canary Islander is the most simple imaginable. It consists almost solely of a single article of food, which is thus prepared : —

Whole grain of some sort, wheat, rye, barley, or corn, is placed in an earthen vessel over a slow fire, and is constantly stirred until it is well parched and browned. This parched grain is then ground in a mortar, and is ready for use. This is called Gofio. It is commonly eaten with a little water only, or with the addition of goats' milk. Beans and peas are sometimes treated in the same manner.

Upon this simple but most digestible and nourishing diet, the Canary Islander performs the hardest labor, and knows nothing of the horrors of American dyspepsia. The North American Indian makes a rude kind of Gofio in a similar manner, and takes it with him upon his arduous hunting expeditions, and when he goes upon the war-path ; and the pioneers of our western civilization were often glad to resort to this most excellent and toothsome food as a sort of nourishment which comprised the greatest amount of strength in the smallest weight, and the most digestible and palatable form. The writer has seen the women of the primitive Yuma tribe of New Mexico making Gofio from the seeds of a native grass, by tossing the seeds in a basket into which a few live coals had been thrown.

We have long known the great dietetic value of parched grain, and have used it in special cases, but have never been prepared until now to supply more than a limited amount. We are now able to furnish in any quantity this valuable addition to our list of "Health Foods."

PRICES :

Maize Gofio.....	10 cts. per pound.
Wheat "	10 cts. " "

WHEAT-GERM GRITS.

THIS is a new food preparation, made from the most nutrient portion of the wheat, the germ and that which lies next the outside covering of the kernel. It is similar to farina in appearance, but much more palatable and nourishing. It is unanimously pronounced by those who have used it, to be the most toothsome of all grain preparations, and must be accorded the highest place in regard to nourishing properties. We have for several years sought to obtain this preparation, and have at last succeeded to our thorough satisfaction. We are prepared to supply the article in any quantity, from a few pounds to barrel lots.

PRICE : 5 cts. per lb.

WHOLE-WHEAT FLOUR.

THIS is a flour which contains all the useful constituents of the grain, without the irritating rough coat which constitutes the outermost covering of the grain, and which is objectionable in many cases, especially for certain classes of dyspeptics.

CONTAINS 15 PER CENT OF PURE GLUTEN.—This flour is made by a new process, and contains a larger proportion of gluten than any flour with which we are acquainted, analysis showing more than is found in some so-called gluten flours, which are sold at a high price. We can recommend it as the best flour made, having had it in constant use here at the Sanitarium for several years.

PRICE : 4 cts. per lb.

“Science in the Kitchen” is a treasure of knowledge on all matters relating to dietary from a hygienic point of view. Once possessed of a copy, you will never do without it. Send for descriptive circular; address on third page of cover.

NO. 1 GRAHAM CRACKERS.

THESE are the most palatable Graham crackers made. They are sweetened slightly with the best white, granulated (unadulterated) sugar, and shortened with butter. For persons with fair digestive powers, but very inactive bowels, they are just the thing.

PRICE : 10 cts. per lb.

NO. 2 GRAHAM CRACKERS.

THESE are shortened but not sweetened. Otherwise the same as the preceding. Very crisp and palatable.

PRICE : 10 cts. per lb.

PLAIN GRAHAM OR DYSPEPTIC CRACKERS.

THESE crackers contain nothing but the best Graham flour and soft water. They are the product of many experiments, long experience, and hard labor. They contain no butter, sugar, yeast, nor anything other than the ingredients mentioned ; and it is only by the special processes to which the dough is subjected that they are made so crisp and palatable that most people can hardly believe that they are not shortened. This variety sometimes loses its crispness somewhat by absorbing moisture in damp weather ; but the original crisp quality can be readily restored by placing the crackers in a hot oven for ten or fifteen minutes. They will keep in any climate any length of time.

PRICE : 10 cts. per lb.

OATMEAL BISCUIT.

THESE are about twice the thickness of an ordinary cracker, are slightly sweetened, shortened with butter, and made light by yeast. They are exceedingly palatable, and for a person who is troubled with constipation, but has no trouble with acidity or flatulence, they are to be highly recommended.

PRICE : 12 cts. per lb.

MEDIUM OATMEAL CRACKERS.

THESE are made about the same as the preceding, but are not fermented. They are unexcelled as a palatable and wholesome oatmeal cracker.

PRICE : 10 cts. per lb.

PLAIN OATMEAL CRACKERS.

THESE, like our other oatmeal crackers, are made of a combination of oatmeal with a certain proportion of wheat flour, but are unfermented and contain neither sugar nor any kind of shortening. They have a peculiar nutty flavor, which is exceedingly agreeable, and are as crisp as any one could desire.

PRICE : 10 cts. per lb.

WHITE CRACKERS.

THESE crackers are made of the very best patent flour, shortened with table butter. They are the only white crackers we know of in the market free from lard and other deleterious ingredients.

PRICE : 10 cts. per lb.

FRUIT CRACKERS.

THESE are not only exceedingly toothsome, but wholesome. While they are not to be recommended to a bad dyspeptic, they can be eaten by a person with a normal stomach without any fear that any trace of lard, adulterated sugar, or any other than perfectly wholesome materials have been used in their composition. The best varieties of foreign dried and preserved fruits are used.

PRICE : 15 cts. per lb.

CARBON WAFERS.

THESE crackers are intended particularly for certain cases of dyspepsia in which there is acidity, or sour stomach, heartburn, or flatulence of the stomach or bowels. The black color is due to the presence of wheat charcoal, which acts as a preventive of fermentation, and absorbs the gases and irritating acids resulting from indigestion. For the classes of indigestion mentioned, they are almost a specific, especially if the patient will avoid such articles of food as sugar, pastry, raw fruits, desserts, rich gravies, coarse vegetables, fried foods, and fats.

PRICE : 15 cts. per lb.

INFANT FOOD.

THE necessity for sometimes providing a substitute for mother's milk has long been recognized, and many efforts have been made to supply the demand. Foods for infants have been manufactured, almost without number, and sold under various alluring names, at prices usually ten times their actual value, if indeed they possessed any real merit whatever.

Careful analyses by expert chemists have shown that the most of these foods are almost wholly composed of starch, a substance which the immature digestive organs of young infants are not prepared to digest. In some instances, a much advertised and highly indorsed "food" has been found to be nothing more nor less than cornstarch or superfine flour. Thousands of infants have starved to death while being fed on these delusive foods, purchased at 75 cents to \$1 a pound.

WHAT AN INFANT NEEDS.

The growing infant requires flesh-forming, nerve, brain, and bone making nutriment. In other words it needs an abundant supply of albumen or gluten, or their equivalent, together with the salts. These it finds in the *caseine* and other constituents of its natural diet. Finding in the market no food which seemed to meet the requirements of nature so perfectly as desired, we have for years engaged in the manufacture of a food which experience has shown to be *unexcelled*. *It can be used with milk, or can, safely be relied upon as the sole nourishment of the child, if circumstances so require.*

TWENTY PER CENT OF GLUTEN.

This food is guaranteed to contain more than twenty per cent of gluten obtained from the choicest wheat, together with the other valuable elements of wheat and oatmeal combined, which have been subjected to a process which converts the starch into *dextrine* and *dextrose*, thus aiding digestion. The gluten is also partially digested. It will be found to be a most palatable, nourishing, and assimilable food, and is especially adapted for use in cases of feeble nutrition, deficient supply of milk by the mother, rickets, constipation, colic,

diarrhœa, vomiting of undigested food, looseness of the bowels with green discharges, and most other digestive disturbances in children.

In cases of cholera morbus and cholera infantum, diseases which carry off more infants in summer than all other maladies combined, this food is *almost a specific*, when used according to directions. Its use is a *most excellent prophylactic or preventive of bowel diseases in children*. Most other infant foods are dangerous in these maladies.

FOR NURSING MOTHERS

whose supply of milk is deficient, nothing equals the utility of this food in producing a normal flow of healthy nourishment for the child.

For invalids with feeble digestion, this food also furnishes a most excellent nutrient in a form easily assimilable, and of the highest nutritive value.

DIRECTIONS.—Add two tablespoonfuls of the “Food” to a small teacupful of hot water. Allow to soak until well softened. Add two teacupfuls of water, and boil fifteen minutes, with a little salt or sugar if necessary. Feed while warm with one third fresh cow’s milk. Cook only sufficient for one half day’s use.

In cases in which the child is troubled with great looseness of the bowels, severe griping pains, and passes hard curds in the stools, stop the use of milk altogether for a few days, and use the food made into a thin gruel by boiling in water for half an hour. It is a perfect food in itself, and may be taken with the ordinary feeding bottle, although the only style of nursing bottle which we can recommend, is that in which the nipple is applied direct to the bottle without an intervening tube, which becomes a source of danger. The nipple and bottle should be thoroughly cleansed, first in cold and then in hot water, after every feeding, and should be kept immersed in pure water until time for the next feeding. Feeding with a spoon is better than the use of any feeding bottle.

For ordinary feeding, use, for very young infants, two parts of a thin gruel made from the food by boiling in water for half an hour, and one part of thin cream. If good cream is not obtainable, thin gruel may be used with new milk. Care should be taken to sterilize all milk and cream used with the food. A child should never be fed on unsterilized milk or cream, under any circumstances.

TABLE FOR FEEDING INFANTS.

	AGE OF CHILD.							
	1 w	1 m	2 m	3 m	4 m	6 m	9 m	12 m
Amount of each feeding, in ounces.....	1	1½-2	3	4	5	6	7½	9
Number of feedings.....	10	8	6	6	6	6	5	5
Amount of food daily, in ounces.....	10	12-16	18	24	30	36	40	45
Interval between feedings, in hours.....	2	2½	3	3	3	3	3½	3½

This food is put up in tin boxes holding one pound each, at the low price of 50 cts. per package; 20 cts. additional if sent by mail.

WHEAT CHARCOAL.

AFTER making trial for years of various kinds of charcoal, we have at last determined that valuable properties are possessed by charcoal made from wheat, which render it superior to any other, and we have at considerable expense fitted up machinery for the manufacture of this article in quantities sufficient to supply the increasing demand for it which its merits have secured. It is especially serviceable for the following conditions : —

1. ACID DYSPEPSIA, in which a person suffers from acidity of the stomach or souring of the food.

2. FLATULENCY, either of the stomach or bowels, indicated by belching of gas, flatus, rumbling of the bowels, or fullness of the stomach and bowels after meals.

3. IRREGULARITY OF THE BOWELS.—Both constipation and fetid diarrhoea are relieved by this simple remedy.

PROPERTIES.—Charcoal is an antiseptic, and it is by means of its antiseptic and oxidizing properties that fermentation of the food is prevented and a foul condition of the digestive organs corrected. It is also an absorbent, an antiseptic, and a disinfectant.

DOSE.—Wheat charcoal may be taken beneficially in quantities from half a teaspoonful to two or three teaspoonfuls. The usual dose is an even teaspoonful, which may be increased until the desired effect is produced. If soreness at the pit of the stomach is produced or aggravated by the Charcoal, lessen the dose.

TAKE THE CHARCOAL THUS: Put a teaspoonful of the Charcoal into an empty drinking glass. Add water enough to moisten the Charcoal; mix well, and then add three or four tablespoonfuls more water, stir well, and swallow at once.

Wheat charcoal is not a panacea for dyspepsia, but is an excellent corrective and a most useful adjuvant of proper diet and other remedies.

Sold in two and four ounce packages as follows : —

2 oz. package.....	20 cts.
4 oz. ".....	30 cts.

Directions for use accompany each package.

Sent post-paid on receipt of price.

RECIPES.

GRANOLA.

Granola Porridge.—Let one pint of milk come to a boiling point; moisten two large tablespoonfuls of prepared Granola with a little cold milk, and stir it slowly into the boiling milk. Add a little salt if desired. Let the whole boil for a few minutes until thickened.

Granola Mush.—Add salt to one pint of boiling water or milk. Moisten a cup of prepared Granola, and stir it slowly into the boiling liquid, letting the whole boil till of the proper consistency. Serve hot with cream.

Granola Fruit Mush.—Prepare as above, and add while hot a few finely chopped steamed figs, very ripe peaches, zante currants, chopped dates, or other suitable fruits.

Granola Waffles.—Beat together very thoroughly for five or ten minutes, the yolk of one egg, two cups of sweet milk, and one cup of prepared Granola. Bake in heated gem pans in a quick oven. Whip the white of the egg to a stiff froth, and add it at the very last, stirring only just enough to incorporate it through the whole.

Granola Fruit Gems.—Prepare as above. Add a few blueberries, chopped mellow sweet apples, or other sweet fruit.

Granola Custard.—Beat the whites of two eggs, to which a teaspoonful of prepared Granola has been added, to a stiff froth; add a little salt if desired. Pour the mixture into a teacup, and place the teacup in boiling water. Cook from two to five minutes. The whole egg may be used if preferred, instead of two whites, by beating the yolk and Granola together, and afterward adding the white beaten to a froth.

Egg and Granola.—Beat an egg and a teaspoonful of prepared Granola until very light, add a little salt, and then steam until thoroughly warmed through but not hardened. This will take about two minutes.

Granola Pudding.—Heat three pints of milk to boiling, then take it from the fire and stir into it one cupful of the prepared Granola, and soak until the mixture is nearly cold. Then beat together the yolks of two eggs and three tablespoonfuls of sugar, and stir them in; lastly add the whites of the eggs beaten to a stiff froth. Set the dish in a pan of hot water, place in a moderate oven, and bake for an hour, or until the pudding is firm in the center. A little grated lemon rind may be used for flavoring, if desired, or a half cup of seeded raisins or zante currants may be added for variety.

WHEAT GRANOLA.

Baked Wheat Granola Pudding.—Soak a cupful of Wheat Granola in cold water for half an hour, add a little salt and sugar to taste. Put on the fire, and cook slowly twenty minutes. Add the yolks of two eggs well beaten with two tablespoonfuls of milk, and bake slowly for half an hour.

Wheat Granola Omelet.—Let one teacupful of sweet milk come to the boiling point, pour it over one cup of Wheat Granola; let it stand a few minutes, then take six eggs, break in a dish, and beat thoroughly. Then pour the eggs into the milk and wheat granola, mix well, add a little salt, bake slowly in hot skillet, cut in squares, and turn.

Wheat Granola Porridge.—Let one pint of milk come to the boiling point, moisten two large tablespoonfuls of prepared Wheat Granola with a little cold milk, and stir it slowly into the boiling milk. Add a little salt if desired. Let the whole boil for a few minutes until thickened.

PURE GLUTEN MEAL.

Gruel.—Into a cup and a half of boiling water stir four tablespoonfuls of Gluten Meal, let it boil for a few minutes, add six tablespoonfuls of rather thin sweet cream, and serve.

Custard.—Beat together thoroughly one pint of rich milk, one egg, and four tablespoonfuls of Gluten Meal. Add a little salt, if desired, and cook with the dish set in another containing boiling water, until the custard has set. Or turn the custard into cups, which place in a dripping pan partly filled with hot water, and cook in a moderate oven until the custard is set.

Gems.—Beat together one half cup of ice water, one half cup of thick sweet cream, and one egg; then add one cup and a tablespoonful of the Gluten Meal. Turn into slightly heated gem irons, and bake in a moderately hot oven from half to three quarters of an hour.

Tomato Gluten.—Heat a pint of stewed tomato, which has been rubbed through a fine colander to remove the seeds, to boiling, add salt to season, and three tablespoonfuls of Gluten Meal. Boil together for a few minutes until thickened, and serve hot.

Tomato Gluten No. 2.—Prepare the same as the preceding, using five tablespoonfuls of Gluten Meal, and seasoning with two tablespoonfuls of rather thick sweet cream.

NOS. 2 AND 3 GLUTEN MEAL.

Gluten Gruel.—Stir two and one half teaspoonfuls of Wheat Gluten into a pint of boiling milk; boil until thickened, when it is ready to serve.

Gluten Gruel No. 2.—Into a pint of boiling water stir three heaping tablespoonfuls of the prepared Gluten. Boil until thickened, and add half a cup of thin cream.

Gluten Cream.—Heat a pint of thin cream to boiling, and stir into it three tablespoonfuls of Wheat Gluten. When thickened, it is ready to serve.

Gluten Mush.—Heat together a cup of thin cream and three cups of water; when boiling, sift in lightly with the fingers, stirring continuously meanwhile, enough Wheat Gluten to make a mush of the desired consistency. Boil up once and serve. A few blanched or roasted almonds may be stirred in just before serving, if desired.

Gluten Custard.—Into a quart of boiling water stir four tablespoonfuls of Wheat Gluten moistened with a little of the milk, which may be reserved for the purpose. Allow it to cook until thickened. Cool to luke-warm temperature, and add three well-beaten eggs, and a trifle of salt, if desired. Turn into cups, and steam over a kettle of boiling water until the custard is set.

Lemon Gluten Gruel.—Into one cup boiling water sprinkle one tablespoonful of Gluten. Let it boil up for one or two minutes, and when cold, add one level teaspoonful of sugar and one tablespoonful of lemon juice. The gruel may be used warm, if desired, but the lemon juice should not be added until just before serving.

UNFERMENTED WINE

For Sacramental or Medicinal Purposes.

WE GUARANTEE this wine to be **made from fine table grapes**, to be strictly **unfermented**, and free from any chemical preservative.

It is put up in bottles hermetically sealed, and **will keep indefinitely**. The method of preservation retains unimpaired the natural delicious flavor of the grape, and there is no better appetizer or healthful tonic for a chronic invalid or a convalescent from any acute disease.

PRICE:

Single pint bottles,	-	-	-	-	50 cents.
In cases of one dozen pint bottles,	-	-	-	-	\$5.00

TESTIMONIALS.

WILLIAMSPORT, PA., Jan. 18, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

GENTLEMEN:—Eighteen months ago I was a complete wreck from nervous dyspepsia. My case was considered beyond the reach of the remedies usually prescribed by physicians for this malady. I was induced to throw medicine to the dogs, and try diet and exercise. I inquired into the merits of the various "Health Foods." Among others I tried your Granola, and it affords me much pleasure to say that I regard it as a valuable, nutritious, and palatable food. I use it twice every day, and would not be without it. I have lived principally on the foods prepared by your company for many months, and have made great gain in health and strength, but more especially in weight; as one year ago I weighed 130 pounds, now I tip the beam at 172 pounds.

Wishing you continued success in your grand work, I am,

Very respectfully,

W. H. MILLER,

Principal Washington Building School.

NORWALK, OHIO, Jan. 27, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

MESSRS.:—My health has been quite poor for some time in the past. After eating, I had distress in the stomach from two to three hours, then was faint, as though I had eaten nothing for a week. Had headache in the night, and could sleep but little; also pain in back, so I could not remain in bed long at a time. I commenced using your health foods (principally Granola) ten weeks ago. Now the distress in the stomach is gone; I sleep good nights; am good-natured day times, and have gained ten pounds. We eat Granola, talk Granola, preach Granola, and sell Granola, and would as soon think of giving up water as Granola.

Very truly yours,

WM. BEEBE, *Grocer.*

DE LAND, FLA., Jan. 20, 1890.

JOHN B. STETSON UNIVERSITY.

Sanitarium Food Co., Battle Creek, Mich.:

We are using your health foods in our institution for dyspeptics and delicate persons, and find they are all they are recommended to be.

Yours,

J. B. FORBES, *President.*

RANDOLPH, N. Y., Jan. 12, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

GENTLEMEN:—I have sold Granola for more than a year, and find it to be all that you claim. It is a palatable, wholesome, and healthful food; not a fashionable "fad," but an article of food that will wear, and create for itself a steady demand. I consider it one of the staples of my stock, and can heartily recommend it to dealers and others.

Yours truly,

WM. L. RATHBRONE,
Staple and Fancy Grocer.

ADRIAN, MICH., Jan. 11, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

We cannot resist a few words of praise of your health foods, particularly Granola. Five months ago, Granola was a novelty in our trade; to-day it is a staple,—the best-selling cereal preparation we have in stock. Our physicians have recognized its value, and have done much to bring it into general use. Scarcely a day passes that some one does not call for Granola, on the advice of a physician, for a patient who "can't eat anything." And after it has been tried, and housewives realize what a help it is to early morning breakfast, and how completely it takes the place of any other cereal,—why, then Granola has come to stay.

Very respectfully,

HOCH BROS.,
Dealers in Groceries and Country Produce.

CHICAGO, ILL.

Sanitarium Food Co., Battle Creek, Mich.:

Granola is a superb food, the ideal food. These *natural* foods are a great boon to invalids.

DR. E. M. HALE.

YPSILANTI, MICH., Dec. 7, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

DEAR MESSRS.:—The sample of Granola left by your agent gave very satisfactory results, and I think it will form a valuable adjunct to the limited number of suitable food preparations for invalids which are supplied to the profession.

Respectfully,

W. R. BARTON, M. D.

SHELBYVILLE, ILL., Jan. 31, 1890.

Sanitarium Food Co., Battle Creek, Mich.:

GENTLEMEN:—We have used the Granola prepared by you for several years, and feel almost as though we could not do without it. We have proved it to be an excellent article of diet in cases of sickness and weak digestion, not only in our own family, but in the families of our friends. We have made a new use of it this winter. Sprinkled on pie pans, it is an excellent substitute for ordinary piecrust in squash or pumpkin pies. Our

family very much prefer it to ordinary lard crust. It can be slipped from the pie tins and placed on an ordinary plate, cut and served just as easily as though a crust of lard and flour was used. We often parch it a little, and use it with milk or cream, and it makes a most palatable dish. We have used all the recipes contained in the packages, and find them all delightful. In many ways it has been a blessing to us, and we wish all who need this article of food (and who does not ?) would try it.

Yours very truly,

REV. J. L. DOUTHIT.

ROME, N. Y., Jan. 26, 1890.

Sanitarium Food Co., Battle Creek, Mich. :

DEAR SIRs:—Inclosed find draft for amount of last invoice. Your Granola is the best-selling invalid food I have ever sold. I have already sold nearly 2,000 pounds, and the demand shows no signs of falling off.

Respectfully,

A. J. BROUGHTON.

HUNTINGDON, IND., Jan. 7, 1891.

Sanitarium Food Co., Battle Creek, Mich. :

I have tried your Granola, and am satisfied that it merits attention, not only as a food for the sick, but also for all who are engaged in sedentary occupations. I find it a fine preparation for infants, as it is easy of digestion and assimilation. In cases of indigestion following acute diseases, it is of great service.

H. M. BEAVER.

GRAND RAPIDS, MICH., Jan. 7, 1891.

Sanitarium Food Co., Battle Creek, Mich. :

GENTLEMEN:—The sample of food referred to in your letter, was left at my office, and was used by a patient who had very little power to assimilate common foods. The result is as expected; for the food is no strange thing to me. I have seen more or less of it for some time, and am sure too much is not claimed for it.

Yours very truly,

O. E. HERRICK, M. D.

BROWN'S CORNERS, IND., May 16, 1892.

Sanitarium Food Co., Battle Creek, Mich. :

GENTLEMEN:—Your "Health Foods" are the wonder of the nineteenth century. I have used Granola but a short time, but have already experienced relief from indigestion and acid or flatulent dyspepsia. I also find the zwieback very nourishing and toothsome. After a meal of either of the above, I never get hungry between meals. I can do twice the work at the easel that I could before, and do not feel tired out when night comes, as I did before. I heartily recommend your foods to brother artists, and in fact to the world at large.

D. M. KAUFFMAN, *Portrait Artist.*

CANTON, O., March 22, 1892.

Sanitarium Food Co.:

GENTLEMEN:—I cannot say too much in praise of your "Health Foods." Having been a sufferer from catarrh of the stomach in its worst form for the past six years, with plenty of experience in taking medicine, mineral waters, and numerous treatments, it is my humble belief that one troubled as myself with very weak digestive powers, will be benefited more by good nourishing food, such as you make, coupled with light gymnasium work, plenty of fresh air, and pleasant surroundings, than by all the medicine in the universe with foods that will not digest. The effect of your food on me was rapid; I gained eight pounds the first two weeks, and have never worked harder at my desk than at the present time, which in itself would be detrimental to good digestion; yet I have good digestion. For traveling, your foods are just the thing for persons like myself; for they are easily and quickly prepared, they form a basis to which can be added a few articles from the hotel table, making a good square meal with first-class after-results in the way of good digestion.

Then again the foods are quite cheap, and a little goes a great way in point of nourishment and satisfaction.

Yours very truly,

A. J. GIBBS.

ANN ARBOR, MICH., March 3, 1893.

Sanitarium Food Co.:

GENTLEMEN:—We are accustomed to look to you for good things, and I am not surprised that again you have met a long-felt want in supplying so excellent a quality of Gluten Biscuit. A pure gluten biscuit I have thought an impossible product, but can say "Eureka." As for the Granola, it has long been an indispensable article of food for the members of my own household, and, of course, I frequently recommend it to my patients.

Very truly yours,

W. J. HERDMAN, A. M., M. D.,

Professor of Nervous Diseases in the University of Michigan.

HARTFORD, CONN., March 15, 1893.

WALNUT LODGE HOSPITAL.

Sanitarium Food Co., Battle Creek, Mich.:—

GENTLEMEN: I thank you for the samples of Granola and Gluten received some days ago. The Granola is excellent, and we hope to try a large quantity later in the season. The Gluten I should like to test in some cases at length. If you will kindly send me an average per cent specimen, I will with pleasure give it a long trial and notice, and the results in our journal.

Thanking you very much for your courtesy, believe me,

Very truly yours,

D. T. CROTHERS, M. D.

Condensed Price List.

	CTS. PER LB.
No. 1 Graham Crackers	10
No. 2 Graham Crackers	10
Plain Graham Crackers (Dyspeptic Crackers).....	10
Oatmeal Biscuit	12
Medium Oatmeal Crackers.....	10
Plain Oatmeal Crackers.....	10
White Crackers.....	10
Fruit Crackers.....	15
Whole-wheat Wafers.....	10
Gluten Wafers.....	30
Rye Wafers.....	12
Carbon Wafers.....	15
Granola, in bulk, 10 cts. per lb.; in lb. packages	12
Wheat Granola, " " " " " "	12
Avenola, " " " " " "	12
Zwieback, Nos. 1, 2, 3	10
Maize Gofio.....	10
Wheat Gofio.....	10
Rolled Oats.....	5
Cerealine Flakes, 2 lb. package.....	20
Grains of Gold, " " " " " "	15
Farinose, per package.....	15
Caramel Coffee.....	10
No. 1 Gluten Biscuit.....	50
No. 2 Gluten Biscuit.....	40
No. 1 Gluten Meal.....	50
No. 2 Gluten Meal.....	40
No. 3 Gluten Meal.....	20
Water Biscuit, in bulk, 15 cts. per lb.; in lb. packages.....	20
Infant Food, in tin cans.....	50
Wheat Charcoal, 2 oz., 20 cts.; 4 oz., 30 cts.....	

[The prices of the following articles are subject to slight changes, due to fluctuations in the grain market. Prices given on application.]

Wheat Germ Grits.....	5
Graham Flour.....	3
Oatmeal, A, B, and C.....	5
Pearl Barley.....	7
Whole-wheat Flour (Sanitarium Brand).....	4

Our prices are, of course, higher than those at which common goods, shortened with lard or with spoiled or adulterated butter, are offered; but it should be recollected that they are made with special reference to health, and are warranted to contain not a trace of any kind of shortening, but good butter and cream. They are all made in the Sanitarium Bakery, under the directions of Dr. Kellogg, the Superintendent. Such superior goods in this line cannot be obtained elsewhere. We desire that those who are familiar with so-called "Health Foods" manufactured and sold at a high price by certain parties, will test our goods by comparison with those made by others. The frequency with which this comparison has been made, gives us confidence as to the character of the verdict.

 For Directions for Ordering, see Last Page of Cover.

TRY OUR FOODS.

Those who may be in need of any of the above articles of food, should send for a small supply at first, so as to enable them to judge of the nature and properties of the articles offered. A fair trial will be sufficient to convince the most skeptical of their intrinsic merits.



. Science .

IN THE

. Kitchen .

By MRS. E. E. KELLOGG, A. M.

The New Hygienic Cook Book



THOROUGHLY scientific; entirely practical. Over 800 carefully tested recipes. Bright and entertaining in style, concise, the result of TEN YEARS of patient research and experimentation in the Experimental Kitchen connected with the Sanitarium at Battle Creek, Mich.

OUGHT TO BE IN EVERY FAMILY.

Illustrated, 600 pages. Price, Oil-Cloth, \$2.90; Muslin, marbled edges, \$3.25.

MODERN MEDICINE PUB. CO., 65 Washington St., Battle Creek, Mich.



❖

DIRECTIONS FOR ORDERING.

1. Write the address on a separate sheet, if sending other business at the same time.

2. Give name and post-office address in full, and plainly written.

3. Give name of railroad station to which goods are to be shipped, and state which route you prefer, unless you wish us to select the route. If the matter is left to us, we will do the best we can to secure quick time and cheap rates.

4. State whether goods are to be shipped by freight or express. It is best to have goods shipped by freight when possible, as quite a saving can thus be made, especially if several persons club together and make up an order of 50 or 100 pounds.

... SAMPLE PACKAGES ...

Containing a specimen of each of our "Foods" sent post-paid on receipt of 50 cents. Selected samples sent for 25 cents.

All grain preparations can be supplied in large or small lots, as we keep a fresh supply constantly on hand of goods which are made expressly for us of a superior quality of grain.

 Orders by mail must be accompanied by 16 cents extra per pound.

Address,—

Sanitarium Food Co., Battle Creek, Mich.

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